

Full Report (All Nutrients) 45004957, GOYA, CHICKEN CROQUETTES, UPC: 041331090704

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Information provided by food manufacturers is label data. Manufacturers are responsible for descriptions, nutrient data and ingredient information. USDA calculated values per 100 {0} from values per serving.

Food Group : Branded Food Products Database

Manufacturer GOYA

Nutrient	Unit	Data points	Std. Error	102.0 g 102g	1 Value Per100 g
Proximates					
Energy	kcal	--	--	230	225
Protein	g	--	--	8.00	7.84
Total lipid (fat)	g	--	--	11.00	10.78
Carbohydrate, by difference	g	--	--	20.00	19.61
Fiber, total dietary	g	--	--	1.0	1.0
Sugars, total	g	--	--	0.00	0.00
Minerals					
Calcium, Ca	mg	--	--	20	20
Iron, Fe	mg	--	--	1.08	1.06
Sodium, Na	mg	--	--	750	735
Vitamins					
Vitamin C, total ascorbic acid	mg	--	--	0.0	0.0
Vitamin A, IU	IU	--	--	0	0
Lipids					
Fatty acids, total saturated	g	--	--	7.00	6.86
Fatty acids, total trans	g	--	--	0.00	0.00
Cholesterol	mg	--	--	26	25

Amino Acids

Other

Ingredients
WATER, BONELESS CHICKEN THIGH, BREAD CRUMBS (BLEACHED WHEAT FLOUR ENRICHED WITH [NIAICIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, AND FOLIC ACID], CORN SYRUP, YEAST, ISOLATED SOY PRODUCT, WHEAT GLUTEN, SOY BEAN AND/OR COTTON SEED OIL, SOY FIBER, SOY LECITHIN, SALT AND CALCIUM PROPIONATE AS PRESERVATIVE), ENRICHED WHEAT FLOUR (NIAICIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID, ENZYME), CHICKEN FAT, SOYBEAN OIL, ONION, TEXTURIZED VEGETABLE PROTEIN (TEXTURED SOY FLOUR, SOYBEAN OIL, SALT, AUTOLYZED YEAST EXTRACT, HYDROLYZED CORN PROTEIN, NATURAL SMOKE FLAVORING, THIAMINE HYDROCHLORIDE, DEXTROSE,

DISODIUM INOSINATE AND DISODIUM GUANYLATE), CHICKEN BASE (DEXTROSE, SALT, VEGETABLE SHORTENING AND CHICKEN BROTH), CHICKEN FLAVOR (HYDROLYZED CORN PROTEIN, HYDROLYZED SOY PROTEIN, YEAST EXTRACT, CHICKEN FAT, SALT, CHICKEN MEAT, NATURAL FLAVOR, SILICON DIOXIDE, DISODIUM INOSINATE AND DISODIUM GUANYLATE), MONOSODIUM GLUTAMATE, GARLIC, CORN FLOUR, SALT, CORN STARCH, AND SPICES. PRODUCT SET IN VEGETABLE OIL (SOYBEAN OIL, PARTIALLY HYDROGENATED SOYBEAN OIL, TBHQ AND CITRIC ACID ADDED AS PRESERVATIVES) *Date Last Updated by Company: 07/30/2014*